



UCCOOK

Beef Sirloin & Creamy Garlic Sauce

with crispy wedges & a simple side salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	571kJ	2887kJ
Energy	137kcal	691kcal
Protein	8.9g	45.2g
Carbs	9g	47g
of which sugars	1.1g	5.5g
Fibre	1.6g	8.2g
Fat	4.8g	24.5g
of which saturated	1.5g	7.5g
Sodium	53mg	270mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
160g	320g	Beef Sirloin
1	2	Garlic Clove/s <i>peel & grate</i>
5ml	10ml	Dried Oregano
50ml	100ml	Creamy Sauce <i>(10ml [20ml] Dijon Mustard & 40ml [80ml] Sour Cream)</i>
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
10g	20g	Walnuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. A RECIPE FOR SUCCESS Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SENSATIONAL STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. DO SOME DEGLAZING Place a small pan over medium heat with a drizzle of oil. When hot, fry the garlic and the oregano until fragrant, 1-2 minutes. Deglaze the pan with 50ml [100ml] of water and mix in the creamy sauce. Remove from the heat. If the sauce is too thick, loosen with warm water in 5ml increments until drizzling consistency. Season.

4. TIME TO EAT In a bowl, combine the green leaves, the cucumber, the nuts, a drizzle of olive oil, and seasoning. Plate up the sliced steak and drizzle over the creamy garlic sauce. Serve with the crispy wedges and the side salad.

Chef's Tip Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.